

Mental Health

Mental health is about how we think, feel and behave. [1 in 4 people in the UK](#) have a mental health problem which affects their normal daily life, relationships or physical health.

Looking after your mental health and wellbeing

Life can be busy and chaotic. It's important to look after your health mentally, physically and emotionally to be able to enjoy life and to help you cope when times are hard. There are many ways you can take time for yourself and develop your 'emotional resilience' including:

Talking to others about your feelings: being connected to people helps. Call a friend, family member, a [telephone helpline](#) or [visit a local support group](#). Ask for [help from your GP](#) when you need it. Attend a counselling session. Find local organisations on the right hand of this page.

Practising mindfulness: to help you to pay attention to your thoughts, sensations and feelings in a non-judgemental way. Mindfulness is the opposite of being on autopilot and enables you to take control of your mind rather than allowing your mind to be in control of you.

Keeping your brain active: helps to keep your memory in shape and boost your happiness levels.

Being active: exercising helps to boost your natural happiness hormones. It's also a way to connect with new people.

[Gardening](#) and [nature](#): are good for calming and soothing the mind.

Try something new or something you enjoy: taking part in an activity you enjoy will help boost your confidence. Or learn some new skills and try a new hobby.

Take some time for yourself: take a break if you need it, a change of scenery, listen to some music, read a book or you could try a [complementary therapies](#)

Eat and drink sensibly: in times of stress or upset we may turn to the food or drink to comfort us or try to change how we feel. Your mind and body need a balanced diet to work well.

Try relaxation techniques: listen to these free guides can or read the [free mental health guides](#)

Take care of other worries that you have: they drain you of your energy and wellbeing. Local support is available to help with [money](#) or [debt](#) worries, [addictions](#), [looking for work](#), threat of [homelessness](#), [family or relationship problems](#), and [being a carer](#).

Symptoms of poor mental health

There are a wide range of mental health symptoms. They can affect anyone, regardless of age, race, gender or social background.

Symptoms can include:

- feeling sad, anxious, angry or irritable
- losing interest or enjoyment in things
- crying a lot or unable to cry
- feeling lonely even in company
- worrying a lot about your health despite reassurance from a GP
- uncontrollable and unhealthy eating habits
- poor sleeping pattern
- social anxiety, low self-esteem, as well as low mood, often related to significant life events including bereavement and loss, loss of employment or inability to participate in meaningful activity.

Without care and treatment, mental health symptoms can have a serious effect on you and the people around you. There are many ways to look after your mental health.

Causes of mental health problems

There is no single cause of mental health problems. Everyone is different. Mental health problems can develop after difficult life events, such as, moving house, losing your job, relationship breakdown or the death of someone special. You may find your mental health is effected if you are:

- feeling lonely
- are caring for someone who couldn't manage without your help
- stressed or anxious
- in debt or struggling to pay your bills
- homeless
- having problems with addictions or drugs and alcohol
- not getting enough sleep
- a veteran
- health condition or disability
- going through the menopause
- feeling depressed

There is help and support available

What to do in a mental health crisis or emergency

If you are in mental health distress and need urgent help. Or you are worried about the safety of yourself or someone else. You can contact:

If you or someone you know is experiencing a mental health crisis. **Call NHS 111 and select option 2 or text 07860 064 775** for people who are deaf and/or have communication difficulties. NHS 111 is available 24 hours a day 7 days a week. Trained staff ask you a series of questions to understand your problem. They can then arrange for a clinician to call you, or offer support and advice over the phone. They can transfer you to the [emergency services](#) if needed

[CNTW Crisis Resolution at home team NHS \(CRHT\)](#) available 24 hours a day, 7 days a week. They offer assessment and home treatment as an alternative to hospital admission, for people over 16 experiencing a mental health crisis

[Adult Social CarePoint at Newcastle City Council](#) for advice, safeguarding and emergency support

[Northumbria Police call 999](#) if someone is in immediate danger

[Everyturn](#) run the [Newcastle Mental Health Safe Haven service](#) at [George Street Social](#). For adults over the age of 18 who are experiencing a mental health crisis or distress. They will work with you to manage your emotions and find support to tackle practical issues affecting your mental health. Open 7 days a week, 2pm to 10pm every day, including weekends, 365 days a year. Anyone can just drop in. No referral or appointment needed.

Read more on [Mental health emergency or crisis services on InformationNOW](#).

Get help with mental health problems

When experiencing mental health problems you should [speak to your doctor or GP](#).

There are many treatment options including:

- **[counselling and cognitive behaviour therapy \(CBT\)](#)** a type of talking therapy that allows you to talk about your problems and feelings. It's confidential. Read more about local support below
- **[support groups](#)** where you can attend regular meetings to talk to others who are going through the same issues as you
- **[online support](#)** can help if you can't attend face to face meetings or need to talk to someone urgently
- **[telephone and text messaging helplines](#)** are available 24 hours a day, 7 days a week. It's confidential. They will listen to you.
- **[self help](#)**: You can download free NHS mental health self help guides
- **[debt advice](#)** putting plans in place to manage your debt or when struggling to pay bills may help
- **[medication](#)** is used to treat conditions such as schizophrenia, depression, bipolar disorder, anxiety disorders, and attention deficit-hyperactivity disorder (ADHD). Sometimes medications are used alongside talking therapies. Speak to you GP to discuss this
- **[psychotherapy](#)** usually involves talking to a trained therapist or specialist, either one-to-one, in a group or with your partner
- **[complementary therapies](#)** range from acupuncture and homeopathy to aromatherapy, meditation and colonic irrigation.

[Mental Health Social Work Team at Newcastle City Council](#) helps adults with a mental health diagnosis who receive secondary care (for example, people who have a community psychiatrist) and their carers. They can give information and help plan support. If you are a relative of someone who needs an urgent mental health assessment you should tell the person's GP or Community Mental Health Team. You may have rights as the person's 'Nearest Relative' to ask for an assessment under the Mental Health Act. Call them for advice.

5 steps to mental wellbeing

[Evidence](#) suggests there are five steps we can all take to improve our mental wellbeing.

1. **[Connect with people around you:](#)** Talk to family, friends, colleagues or join a group to make new friends.
2. **Be active:** Take a walk, go cycling or play a game of football. Find an activity you enjoy and incorporate it into your life.
3. Keep learning – learning new skills can give you a sense of achievement and boost self-esteem. Join a course, learn a new skill or rediscover an old hobby.
4. Give to others – even if it is a smile or a kind word, volunteer in your local community.
5. Be mindful – be aware of the present moment, including thoughts and feelings and the world around you.

You can find out more about [the 5 steps on NHS.uk](#)

Local information, advice and support

Counselling services

[NHS Talking Therapies](#) is a free short term talking therapy service for people over the age of 16, living in Newcastle. Talking therapy can help you to improve your mental wellbeing. If you're facing depression, anxiety, excessive worry or low mood, you can get help quickly. You can contact them directly to make an appointment or speak to your doctor. This is also known as the IAPT service (Improving Access to Psychological Therapies).

[A Time 2 Talk](#) offers counselling to support individuals who are facing the impact of life changing events that can result in: anxiety, depression, stress, loss of employment, adjusting to new way of living, loss of living independently, moving to sheltered accommodation, mobility loss, sight impairment, relying on others for care. They can support individuals, their carers, partners, family members and friends.

[North East Counselling Services](#) delivers counselling services to carers and veterans across the North East.

[Tyneside and Northumberland Mind](#) run weekly Safe Space sessions at **[Brunswick Methodist Church](#)** on Tuesday afternoons. You can take part in facilitated group discussions, workshops and activities to help you to learn how to effectively manage your own mental health and get more control over your life. They also offer counselling and wellbeing sessions. Their telephone helpline is open 7 days a week.

[EveryTurn Mental Health](#) provide supported accommodation, day services and rehabilitation services for people with complex and enduring mental health problems as well as community support and dementia care services. They run lunch clubs, coffee mornings, leisure activities and mental health support groups.

[NIWE eating distress service](#) helps people to increase their understanding of how their emotions influence how they use food. They support them through a range of sessions to make changes. NIWE offers counselling, information, guidance, support groups, talks and training

[Search Newcastle Talking Therapies Link Worker](#) helps people over the age of 50 who are feeling low, anxious, or overwhelmed. Their Link Worker can help you to use this service. Home visits are available for people who are housebound or have mobility problems.

[The British Association of Counsellors and Psychotherapists \(BACP\)](#) is the professional association for members of the counselling profession in the UK. They have a register of private counsellors and therapists. You can search this list to find an accredited counsellor or therapist who has met the required standards.

Support groups

[ReCoCo: The Recovery College](#) run peer-led support groups and free educational and creative courses. They are open to anyone who would find them helpful in their recovery from mental illness, substance misuse, trauma or distress

[Search Newcastle run the Beyond Blue service](#) to support people over 50 years with their mental health. People taking part in the programme may have recently tried to take their own life, or been feeling suicidal for some time. You can get in-person emotional support and join social groups and activities that are matched to your needs. They will support to develop a path to recovery. Groups are held on weekends.

[EveryTurn Mental Health](#) provide local mental health support groups for men, university students, Trans and non binary people. They also run lunch clubs, coffee mornings and leisure activities where you can take part and get support.

[Richmond Fellowship](#) support and encourage people with mental health problems, so that they have the knowledge and confidence to make their own choices and manage their condition

[Newcastle United Foundation](#) is commissioned by Newcastle City Council to raise awareness about mental health and encourage participation in health and wellbeing programmes

[PeerTalk Whitley Bay and Gateshead](#) run free weekly support meetings, where you can talk about your worries and get support from like minded people

[Andy's Man Club](#) are a Peer to Peer support group for any man over 18. They're a national charity that encourages men to talk when they are struggling. They have online groups as well as local face to face groups.

[Anxious Minds](#) provides free confidential support for all sufferers of anxiety and depression

Read more about [support groups on InformationNOW](#)

Online support services

These services are commissioned by [North East and North Cumbria Integrated Care Board \(NENC ICB\)](#) to help you look after your mental health.

[Kooth](#) is an online counselling and mental health service. Young people can log on to access self-help materials, goal setting and one-to-one chat sessions with a qualified counsellor 365 days a year.

[NHS Talking Therapies](#) offers online treatment options, which are accessible from your smart phone, tablet or computer at home, any time of the day or night.

[Waythrough](#) run an online community where people dealing with mental health challenges can anonymously support each other. Everyone over the age of 16 who we support with mental health can access it for free. Togetherall is managed by trained professionals.

Telephone support services

[Tyneside and Northumberland Mind](#) has a telephone support line which offers listening, practical and emotional support to anyone over 16. It's open 7 days a week 8am to 10pm.

[Mental Health Matters](#) helpline is a confidential out of hours telephone service, which is staffed by trained and experienced telephone helpline workers. The service offers emotional support to anyone calling, including carers, and provides information on local and national mental health services.

[SANE](#) line is a national confidential out of hours telephone helpline that offers information, crisis care and emotional support to anybody affected by mental health problems. Interpreters are provided for callers to Saneline through Language Line, a service offering interpretation in over 100 languages.

[Samaritans](#) offer confidential listening either on their 24 hour telephone helpline, or face to face without an appointment. Face to face drop-ins are available 9am to 9pm.

[Adult Social CarePoint at Newcastle City Council](#) have an [Emergency Duty Team \(EDT\)](#) who are available out of normal office hours for mental health emergencies.

[NHS 111](#) deals with urgent requests that are not a life-threatening emergency. They have call operators to triage callers and a trained clinical team who will offer support and advice.

[Shout](#) is a free text service, on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Open 24 hour 7 days a week

[Mind](#) have 2 national telephone helplines. Info Line for general information and signposting on mental health issues. Legal Line for information and advice on mental health related law

Self harm

If you are hurting yourself or self harming, help is available. If you're worried about someone who's self harming, you can also get help and support.

[Read more on InformationNOW about self harm.](#)

Eating disorders

[Eating Distress North East](#) offer a confidential service for people experiencing difficulties around food, as well as for their families and professionals. They provide information, advice and signposting, as well as support groups, training and counselling.

[Read more about Eating disorders on InformationNOW](#)

Addictions

An addiction is when you are unable to stop yourself from, taking a chemical, drug, substance or carrying out an activity. Drugs, alcohol and other substances can effect your mental health. There is local support to get and stay sober. Support groups can help you, your family and friends. Find local support on InformationNOW for help with:

- [Addictions](#): this includes drugs, alcohol, sex and gambling
 - [Drugs and alcohol](#)
 - [support groups](#)
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Recovery support in the community

[Scrogg Road – mental health rehabilitation and crisis flats](#) support people with mental health problems in the community to live as independently as possible. The Rehabilitation and Crisis Flats are provided by Newcastle City council.

You must be referred to the recovery support team to access these, you can be referred by:

- your GP
 - council staff such as Adult Social Care
 - NHS staff such as a Community Psychiatric Nurse
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Advocacy – help to get your voice heard

[Independent Mental Health Advocates \(IMHA\)](#) can support someone who is subject to the Mental Health Act, (This may also be known as detained or 'sectioned' under the Act).

- help patients understand information they are given by people involved in their care/treatment
- help them to talk to the people involved in their care/treatment
- access information about how the Mental Health Act applies to patient

[Connected Voice Advocacy](#) can provide practical support to deal with stress and anxiety that may be caused by not being able to access services or support you need.

Read more about [Advocacy support on InformationNOW](#)

Creative activities and complementary therapies

[Chilli Studios](#) provide creative based services for people with mental health problems, to promote social inclusion, encourage social interaction, build resilience, develop skills and ability, enable potential and improve wellbeing.

[St Vincent's Centre Newcastle](#) runs Solace, a Mental health and wellbeing craft group on Thursdays 12.30pm to 3.30pm

[Mindfulness](#) is a therapy that helps you to pay attention to your thoughts, sensations and feelings in a non-judgemental way. Mindfulness is the opposite of being on autopilot and enables you to take control of your mind rather than allowing your mind to be in control of you. It can be helpful for people with mild to moderate symptoms of stress, anxiety and depression.

[Complementary Therapies](#) such as acupuncture, aromatherapy and reflexology can be used to improve mood and wellbeing.

[Converge at Northumbria](#) offer free educational campus-based opportunities to those 18 years and over, in the community who have/ or are experiencing challenges associated with mental health.

[Ouseburn Farm](#) has farm animals, a café, orchard, garden, shop, small animal room and much more. They support people with learning difficulties or disabilities, autism or mental health problems to take part in farming activities and volunteer placements.

[Unforgettable Experiences](#) provides older people, their families and carers, with access to arts, culture, heritage and mindfulness to improve mental health and wellbeing, delay dementia, reduce isolation and improve quality of life.

[Converge Northumbria](#) offer free educational opportunities to people 18 years old and over. You can take part if you are currently receiving mental health support or have experienced mental health issues. This is a supportive and inclusive environment at Northumbria campus. Courses are between 4 and 10 weeks in length. You can apply for courses throughout the year. There's no limit on how many you can attend. Courses include: drama and performance, creative writing, music and employability.

Carers

If you look after a friend or family member who has mental health problems and couldn't manage without your help, you are a carer.

[Newcastle Carers](#) provide confidential information and support to adult carers who are looking after someone living in Newcastle. They provide support groups, complementary therapy and activities for Carers. They can help to make sure you're claiming all the benefits that you can and able to take a break from caring.

Cultural and faith based Mental Health

[Raphael at Jami](#) provide short or long term counselling for Jewish people with emotional or psychological problems including depression, anxiety, loss or bereavement, relationship or family problems, couple counselling.

[Inspired Minds](#) is a Muslim mental health charity that provides support and counselling services for people by trained counsellors and therapists.

Children and Young people

[Kooth](#) is an online counselling and mental health service. Young people can log on to access self-help materials, goal setting and one-to-one chat sessions with a qualified counsellor 365 days a year.

[US Active](#) works with young people 12 to 25 years old, who have, or are at risk of developing mental health difficulties. They engage young people in a sport or activity of their choice, to help improve their mental health. Being physically active helps them to feel good, increase their confidence and self-esteem.

Resources you can use

[Patient Information Centre](#) have a range of [free mental health guides](#) to download and [relaxation techniques](#) that can help relieve stress and gain a sense of wellbeing. Available in both male and female voices. The self-help leaflets cover a range of topics such as: abuse, low mood, panic, post natal depression, alcohol, anxiety, eating disorders, controlling anger, stress, self harm and depression, sleep problems, depression in prisoners and post-traumatic stress.

[Men's Health Forum](#) offers a Man MOT. This means you can contact a GP 24 hours a day, 7 days a week.

[Newcastle Libraries](#) run the '[Reading Well Books on Prescription](#)' scheme. The collection provides books available to borrow to help you manage your mental wellbeing. The books deal with issues such as anger, anxiety, fear, panic, worry, assertiveness, confidence, self-esteem, depression, eating disorders, fatigue and pain.

[Mental Health in Later Life](#) booklet from [Mental Health Foundation](#)

[The Campaign Against Living Miserably \(CALM\)](#) provides information and hosts a webchat service and a private online forum for men bereaved by suicide.

[NHS.UK](#) provides an online symptom checker, health information and links to medical services near you.

[Re Think Mental Illness](#) offers advice and support. They are funded by the Money and Pensions Service to provide access to Mental Health Crisis Breathing Space. A referral is required from an approved Mental Health Practitioner.

[Spice FM Mentally Sound radio show and podcasts](#)

[ReCoCo talk to Radio Tyneside about mental health and wellbeing](#)

[Self Detective](#) is a website that aims to help you understand yourself better. There are resources for self-development on their website and free regular CPD sessions.

Health and Social Care

Children's Social Care supports families with children and young people under the age of 18. They work with families to make sure that children and young people are safe, healthy, and have the support they need to grow up happy and well.

[Contact Children and Families Newcastle Early Help Team](#) for more information. They can help your family to stay on track. Being a parent or carer can be a tough job and sometimes we all need a bit of help. You can ask for help with an ongoing problem or get help to prevent one from happening. You don't need to face challenges on your own. They have hubs in Newcastle where you can help information, help, training and advice:

[Adult Social Care Point at Newcastle City Council](#) help people with care and support needs over the age of 18 in Newcastle. If you already get support from Children's Social Care your Social Care Team will start to talk to you about moving to Adult Social Care, before you are 18 years old.

[NHS Children and Young People's service \(CYPS\)](#) is for any child or young person with a mental health issue, a learning disability, experiencing psychosis (hearing and seeing things that are not there) or an eating disorder. They will work with you to support your move to adult mental health services.

[Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust \(CNTW\)](#) provides NHS mental health, learning disability and specialist services. They provide day services and community support.

Read more about on InformationNOW about:

- [Moving from Children's to Adult Social Care on InformationNOW](#)
 - [Introduction to Adult Social Care](#)
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Different types of mental health conditions

There is more information about a range of health conditions on InformationNOW.

- [Bi-polar disorder \(manic depression\)](#)
- [Schizophrenia](#)

[The Mental Health Foundation](#) has detailed information about many different types of mental health problem which you can find using their [A-Z search facility](#).

Mental Health and the Equality Act

Disability has a special legal meaning under the [Equality Act 2010](#). A person is considered to be disabled if they have a physical or mental impairment which has a 'substantial and long-term effect on their ability to carry out normal day-to-day activities'.

Substantial means a large and important effect on your daily life and long-term means if its lasted or is likely to last for at least 12 months or more.

This means that if you have a mental health problem the equality Act may protect you from discrimination, as the definition of disability is focused on how the mental health problem has an impact on your daily life.

Read more on [Disability Rights](#)

You can find more useful information about [mental health disability under the Equality Act 2010 on Mind's website](#)

Mental capacity

Some people have difficulties making decisions. This could be due to a mental health problem. There are laws which explain what happens if someone is not able to make decisions about their own care, treatment or finances.

[Read more on making decisions and mental capacity](#) on InformationNOW about support available such as, independent mental health advocates.

Please note – The content on this website is provided for general information only and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. If you are feeling unwell, make an appointment to see your GP or contact [NHS 111](#). In an emergency dial **999**.

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Useful Organisations

NHS 111

Website: www.nhs.uk/111

Samaritans

Email: jo@samaritans.org

Website: <http://www.samaritans.org/branches/samaritans-tyneside>

Telephone: 0191 232 7272

Address: Samaritan House, NE2 1QQ

SANE

Email: support@sane.org.uk

Website: www.sane.org.uk

Telephone: 0191 232 7272

Address: St. Mark's Studios, N7 8QJ

ReCoCo: The Recovery College Collective

Email: info@recoverycoco.com

Website: <http://www.recoverycoco.com/>

Telephone: 0191 261 0948

Address: 1 Carliol Square, NE1 6UF

EveryTurn Mental Health

Email: enquiries@everyturn.org

Website: <https://www.everyturn.org/>

Telephone: 0191 217 0377

Address: Everyturn Mental Health, NE13 9BA

Patient Information Centre – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Website: www.cntw.nhs.uk

Telephone: 0191 246 7288

Address: St Nicholas Hospital, NE3 3XT

Campaign Against Living Miserably (CALM)

Email: info@thecalmzone.net

Website: www.thecalmzone.net

Telephone: 0203 697 9331

Address: Po Box 68766, SE1P 4JZ

Newcastle Libraries

Email: information@newcastle.gov.uk

Website: www.newcastle.gov.uk/leisure-libraries-and-tourism/libraries

Telephone: 0191 278 7878

Address: Newcastle City Library, NE1 8AX

Tyneside and Northumberland Mind

Email: admin@tynesidemind.org.uk

Website: www.tynesidemind.org.uk

Telephone: 0191 477 4545

Address: Tyneside and Northumberland Mind, NE16UF

British Register of Counsellors and Psychotherapists

Email: bacp@bacp.co.uk

Website: <https://www.bacp.co.uk/>

Telephone: 0191 477 4545

Address: BACP Register of Counsellors and Psychotherapists, LE17 4HB

Shout

Email: info@giveusashout.org

Website: <https://www.giveusashout.org/>

Telephone: Text 85258

Mental Health Matters

Email: info@mhm.org.uk

Website: www.mhm.org.uk

Telephone: 0191 273 4614

Address: MHM Central Office, Avalon House, SR5 3XJ

healthtalk.org

Email: info@healthtalkonline.org

Website: www.healthtalk.org

Telephone: 0191 273 4614

Re Think Mental Illness

Email: info@rethink.org

Website: www.rethink.org

Telephone: 0121 522 7007

Address: 15th Floor, SE1 7GR

Connected Voice Advocacy

Email: advocacy@connectedvoice.org.uk

Website: <http://www.connectedvoice.org.uk/services/advocacy>

Telephone: 0191 235 7013

Address: One Strawberry Lane, NE1 4BX

Mental Health Foundation

Website: www.mentalhealth.org.uk

Telephone: 020 7803 1100

Address: Colechurch House, SE1 2SX

Self Injury Support

Email: tessmail@selfinjurysupport.org.uk

Website: www.selfinjurysupport.org.uk

Telephone: 0117 9279600

Address: PO Box 3240, BS2 2EF

Newcastle Treatment and Recovery (NTaR) Drug and Alcohol Service

Email: NTARreferrals@cntw.nhs.uk

Website: <https://www.cntw.nhs.uk/services/drug-alcohol-service-addictions-services-newcastle/>

Telephone: 0191 206 1117

Address: Plummer Court, NE1 6UR

Men's Health Forum

Email: office@menshealthforum.org.uk

Website: <http://www.menshealthforum.org.uk>

Telephone: 0330 097 0654

Address: 49-51 East Road, N1 6AH

Chilli Studios

Email: info@chillistudios.co.uk

Website: <http://www.chillistudios.co.uk/>

Telephone: 0191 2094058

Address: Blackfriars Centre, NE1 2TQ

Forward Assist

Email: admin@forward-assist.com

Website: <http://www.forward-assist.com/>

Telephone: 0191 250 4877

Address: c/o John Willie Sams Centre, NE23 7HS

A Time 2 Talk

Email: atime2talk@hotmail.com

Website: <http://www.atime2talk.co.uk/>

Telephone: 07538 891 325

Address: A Time 2 Talk, NE3 1PH

North East Counselling Services

Email: info@necounselling.org.uk

Website: www.necounselling.org.uk

Telephone: 0191 466 1314

Address: HLF House, NE21 5NJ

Tyneside Womens Health

Email: enquiries@tynesidewomenshealth.org.uk

Website: www.tynesidewomenshealth.org.uk

Telephone: 0191 477 7898

Address: Wilfred Street, NE6 1JQ

Waythrough

Email: info@waythrough.org.uk

Website: <https://www.waythrough.org.uk/>

Telephone: 01325 731 160

Address: Waythrough, DH6 5PF

Women's Health Concern (WHC)

Website: www.womens-health-concern.org

Telephone: 01325 731 160

Crisis Skylight Newcastle

Email: enquiries.newcastle@crisis.org.uk

Website: <https://www.crisis.org.uk/get-help/newcastle/>

Telephone: 0191 222 0622

Address: City House, NE1 2AF

Cruse Bereavement Care

Email: tyneside@cruse.org.uk

Website: www.cruse.org.uk

Telephone: (0191) 276 5533

Address: St Gabriel's Centre, NE6 5QN

Family Lives

Email: askus@familylives.org.uk

Website: www.familylives.org.uk

Telephone: 0191 284 4060

Address: Space Works, NE7 7LX

Newcastle Carers

Email: info@newcastlecarers.org.uk

Website: www.newcastlecarers.org.uk

Telephone: 0191 275 5060

Address: 135-139 Shields Road, NE6 1DN

If U Care Share Foundation

Email: share@ifucareshare.co.uk

Website: <https://www.ifucareshare.co.uk>

Telephone: 0191 387 5661

Address: 27 The Close East, DH2 2EY

Adult Social CarePoint at Newcastle City Council

Email: ASCP@newcastle.gov.uk

Website: <http://www.newcastle.gov.uk/AdultSocialCare>

Telephone: 0191 278 7878

Address: Adult Social CarePoint Newcastle City Council, NE4 9LU

NHS

Website: www.nhs.uk

Telephone: 0191 278 7878

PeerTalk Whitley Bay and Gateshead

Email: enquiries@peertalk.org.uk

Website: <http://www.peertalk.org.uk/>

Telephone: 07719 562 617

Address: PeerTalk, NE26 2HU

Crisis Resolution and Home Treatment Team Newcastle and Gateshead – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust(CNTW)

Website: <https://www.cntw.nhs.uk/services/crisis-resolution-home-treatment-service-newcastle-gateshead/>

Telephone: 111

Address: Hartside Management Suite , NE3 3XT

Newcastle United Foundation

Email: nucastle@nufc.co.uk

Website: <http://www.nufoundation.org.uk/>

Telephone: 0844 372 1892

Address: NUCASTLE, NE4 6BQ

Converge Northumbria

Email: converge@northumbria.ac.uk

Website: <https://www.northumbria.ac.uk/about-us/academic-departments/northumbria-school-of-design/research/converge/course-info/>

Telephone: 0191 243 7393

Address: Northumbria University, NE1 8ST

Mental Health Recovery Support Community Outreach

Telephone: 0191 278 8202

Address: Recovery Support Team, Care Services, NE4 9LU

Road to Recovery Trust @ George street social

Email: info@roadtorecoverytrust.org.uk

Website: <https://www.roadtorecoverytrust.org.uk/>

Telephone: 0191 691 0252

Address: 7 Summerhill Terrace, NE4 7JN

Papyrus

Email: pat@papyrus-uk.org

Website: <https://papyrus-uk.org/>

Telephone: 0800 068 4141

Address: Lineva House, WA5 1AD

Psychological Wellbeing Services

Telephone: 0191 282 6600

Anxious Minds

Email: info@anxiousminds.co.uk

Website: <https://www.anxiousminds.co.uk/>

Telephone: 0191 262 0305

Address: (inside the) Creative Wellbeing Centre, NE28 6RL

Unforgettable Experiences

Email: info@unforgettableexperiences.org.uk

Website: <https://www.unforgettableexperiences.org.uk/>

Telephone: 01325 238 007

Qwell

Website: <http://www.qwell.io/>

Telephone: 01325 238 007

Kooth

Website: <https://www.kooth.com/>

Telephone: 01325 238 007

Eating Distress North East

Email: enquiries@edne.org.uk

Website: <https://www.edne.org.uk/>

Telephone: 0191 221 0233

Address: Units 4/5, NE1 5DW

Self Detective

Email: admin@selfdetective.net

Website: <https://selfdetective.net/>

Telephone: 0191 221 0233

Making Every Contact Count (MECC)

Website: <https://www.meccgateway.co.uk/nenc>

Telephone: 0191 221 0233

Address: Civic Centre, NE1 8QH

Mind UK

Email: info@mind.org.uk

Website: <https://www.mind.org.uk/>

Telephone: 0191 221 0233

TogetherAll

Website: <https://togetherall.com/en-gb/>

Telephone: 0191 221 0233

The Angel Centre Sexual Assault Referral Centre (SARC)

Email: Newcastle.sarc@nhs.net

Telephone: 0191 221 0233

Address: The Angel Centre Sexual Assault Referral Centre (SARC), NE11 0JT

Telephone: 0191 221 0233

Barnardo's Orchard Mosaic

Website: <https://www.barnardos.org.uk/what-we-do/services/orchard-mosaic-trauma-informed-therapeutic-services>

Telephone: 0191 212 0237

Address: Barnardo's Orchard Mosaic, NE2 2AN

Mental Health Social Work Team at Newcastle City Council

Website: www.newcastle.gov.uk/social-care-and-health/care-and-support-adults

Telephone: 0191 277 2355

NHS Newcastle Talking Therapies

Website: <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/newcastle/>

Telephone: 0330 0534 230

Address: Rotterdam House, NE1 3DY

Newcastle United Football Club (NUFC)

Email: boxoffice@nufc.co.uk

Website: <https://www.nufc.co.uk/>

Telephone: 0344 372 1892

Address: St. James Park , NE1 4ST

Search Newcastle

Email: info@searchnewcastle.org.uk

Website: www.searchnewcastle.org.uk

Telephone: 0191 273 7443

Address: Carnegie Building, NE4 8XS

Ouseburn Farm

Email: admin@ouseburnfarm.org.uk

Website: <https://www.ouseburnfarm.org.uk/>

Telephone: 0191 232 3698

Address: Ouseburn Road (off Lime Street), NE1 2PA

George Street Social

Email: info@roadtorecoverytrust.org.uk

Website: <https://www.roadtorecoverytrust.org.uk/>

Telephone: 0191 691 5280

Address: George Street Social, NE4 7JN

St. Vincent's Centre Newcastle

Email: stvincentsnewcastle@svp.org.uk

Website: <https://www.svp.org.uk/st-vincents-newcastle/>

Telephone: 0191 261 6027

Address: St Vincents Centre Newcastle, NE1 2TQ

Children and Young People's service (CYPS) – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Email: NGCYPS@cntw.nhs.uk

Website: <https://www.cntw.nhs.uk/services/children-young-peoples-service-newcastle-gateshead/>

Telephone: 0191 246 6913

Address: Benton House, NE2 1QE

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Website: <https://www.cntw.nhs.uk/>

Telephone: 0191 246 6800

Address: St Nicholas Hospital, NE3 3XT

Children and Families Newcastle Early Help at Newcastle City Council

Website: <https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/early-help-your-family>

Telephone: 0191 211 5805

Andy's Man Club

Email: info@andysmanclub.co.uk

Website: <https://andysmanclub.co.uk/>

Telephone: 0191 211 5805

Address: Reds, NE1 8SB

US Active

Email: info@usactive.org.uk

Website: <https://www.usactive.org.uk/>

Telephone: 07397189965

Address: US Active, NE3 9EU

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